

Dear Karina,

December 2015

As I reflect back on our work together, I am reminded of more than your struggles... I am reminded of your resilience, your strengths, and your capacity for self-inquiry & growth.

A few of your strengths that stick out to me, that I believe will serve you well no matter the challenge or quantity you encounter, are: your compassionate honesty w/ others... my hope for you that you continue to make space for compassion in your honesty w/ yourself -- that you challenge your capacity to critique your self & seek curious & empathic understanding & acceptance of yourself, especially when you struggle; your creativity & way of seeking / generating meaning through art, faith, narrative, poetry, metaphor; your fierce gentleness and protectiveness with the souls of living beings (be it feline or human) - may you continue to nurture your gentleness towards your own heart & soul; your humor + laughter; your insight & clarity in moments of quiet reflection; your trust in a force bigger than you; your capacity to build + attend to relationships.

As you continue on your journey through life, there are several things I hope you remember from our work together: 1) boundaries around your wants and needs are worthy, important and allowed; 2) you can care about other people (their feelings, experiences, wounds, etc.) without being responsible for them; 3) when in your own darkness, remember that even when it doesn't feel like it, you will feel something different eventually; 4) your feelings are valid, and can be your guides letting you know when something is off or needs to be changed / adjusted; also, a feeling does not equal an "episode" or something to fear; 5) seek the support and help of others when in need... and remember, as humans, we are all in need; 6) keep seeking light and sharing your light with others and the world. Take good care of yourself.

Sincerely, Sarah DeRosa